



Abingdon

Foodbank

Together with Trussell

Newsletter

Welcome!

February 2026

Hello and welcome to this newsletter from the Abingdon Foodbank to our donors and referrers.

If you are reading this, it's probably because you give to us or you refer people to us. So let me start by saying a big thank you!

We are a charity funded and resourced entirely by donations. Thank you to all of you who give to us, either giving food or supporting us financially, and thank you to the shops and supermarkets who collect food for us and the companies who have organised food drives in the last year.

Without you we simply would not exist. With you, we are able to serve people in our community who are struggling.

We work through professionals referring people to us for food support. Thank you to all of you who refer people in hardship.

We rely entirely on your wisdom to determine who needs our support and your willingness to take the time to help them this way. Thanks to you, people do find their way to us and receive the support they need.

Philip Bingham
Manager
Abingdon Foodbank



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NORTH ABINGDON:
Christ Church, Northcourt Road
OX14 1PL
Tuesday & Friday 11.00-13.00

SOUTH ABINGDON:
Preston Road Community Centre
OX14 5NR
Wednesday 12.30-14.00

Coming up

What do we do?

2025 overview

Harvest & Christmas

Personal stories

Note to our referrers

Abingdon Clothes Bank



Email: info@abingdon.foodbank.org.uk

Mobile: 07562 247443

Find us on Facebook, Instagram and LinkedIn - search Abingdon Foodbank
Use the free BanktheFood app to see our most needed donations

What do we do?

We are a food bank. We supply those who come to us with a parcel of long-life food that provides three days' worth of meals - enough to get out of immediate crisis. Parcels contain tinned meat and fish, tinned vegetables, baked beans, rice, pasta, puddings, cereal, milk, biscuits and more. The parcel size depends on family size.

But we give more than that. Thanks to partnerships with Millets Farm and Mayfield Eggs, we give everyone a parcel of fresh fruit and vegetables and a box of eggs. We're really pleased to be able to do this. It's much healthier than tinned food and also more helpful for those who are not from a British background.

Once a month we also give out cleaning products and toiletries - laundry tablets, washing-up liquid, deodorants, soap, toothpaste, sanitary products and more. We know these items can be expensive and are essential for people's health, hygiene and wellbeing. We also give out cat food and dog food, all of it donated from the public, with many using our collection point at Pets at Home. This helps with the cost of pets and keeping everyone united.

Finally, and very importantly, we give a warm welcome. We listen to people and signpost them on to agencies and advice givers who can help them overcome the issues that have brought them to us: dealing with debt, accessing benefits, getting support back into employment and more.

We open three times a week, in two centres, but we also help when an emergency arises outside those times - a person becomes homeless, someone is discharged from hospital with nothing at home, a woman is rehoused in Abingdon because of domestic abuse...

If any group would like to come and visit us, to see the food bank and hear about what we do, you will be most welcome and please do make an appointment. Several people have said it only became real to them when they actually came to our building - so do come and see!



What happened in 2025?

We answered over 2,500 requests for help, serving 577 different families and distributing 61 tonnes of food! Most people (66%) came to us three times or fewer and that was sufficient. A number needed more visits as their emergencies lasted longer, and a small number came to us quite regularly.

The reasons people came to us varied hugely: debt, benefits being stopped or delayed, mental health, domestic abuse, being deprived of access to public funds, losing a job, illness, sometimes just a major expense that wiped out what money they had.

In the summer holidays we helped a number of families who benefit from free school meals during term time - and then have extra mouths to feed during the holidays. Many also received support from the council, but as the summer wore on that ran out.

Then there was Christmas, when we gave out lots of Christmas parcels - see below.

Bringing all these together, we supported over 800 families during the year.

In addition, we've enjoyed visiting schools, churches, community groups and some companies to talk about the food bank. If you would like us to come and speak, do get in touch: we will happily do so.



Harvest

This is our busy time! In September and October, churches and schools collected amazing amounts of food for us: 4,000kg in all! Our shelves were filled and overflowing. Four months later, much of it is gone but it kept us going during the busy winter months when demand was higher. Thank you so much to everyone who organised and contributed to these harvest collections.



Christmas

Then came Christmas. Schools and local charities nominated families who would benefit from a Christmas hamper; all clients who visited the food bank at Christmas also received a hamper.

We made over 400 hampers full of Christmas food: ham, vegetables, stuffing, cranberry sauce, Christmas pudding, mince pies, biscuits and chocolates. We also made special hampers for those with dietary needs for health or religious reasons.

388 families received a hamper - up 34% on 2024. Thanks to a special grant, we also gave most families a supermarket shopping voucher.

We couldn't have done that without generous donations from several companies and some schools and churches. Thank you so much for your support.



Personal stories*



James

James arrived in Abingdon homeless and knowing no one. We not only helped him with food but also equipped him with warm clothes, a sleeping bag and a free Sim card.



Jane

Three years ago, Jane needed our help when escaping from an abusive relationship. Now in employment and fully back on her feet, she persuaded her employer to make a donation as a way of saying thank you.



Julie

Julie was scammed by someone she trusted and ended up with a massive debt. She was also very ill. We supported her with weekly food until an advice agency could sort out her debt and she didn't need us anymore.



Mohammad

Mohammad and his family were struggling to survive in this new country and he had limited English. We supported him for a period, heard his story and referred him to an advice agency; with their help, he now has a job, is on an English course and can move ahead with his life.



Dave

We helped Dave for a period while he was unemployed and homeless. Later he came back to say thank you: he was still homeless but had a job and was grateful for our support through a tough time.



Chris

Chris lost her universal credit for a time and had no money coming in. We helped her with food until her benefits were restored.

* names changed to protect people's privacy

A note to our referrers

As you know, many people are apprehensive the first time they come to a food bank, so we don't ask them questions about their situation: we simply try to make them welcome. Once they feel comfortable, they will often tell us.

We can only do this because we rely on you to ask those tricky questions and determine whether they need support. So thank you for the work you do, referring people to us.

A reminder that each referral voucher is good for one visit only but we are very happy for you to issue three at once. They remain valid for 90 days, which allows the client to come to us when they need to without asking you every time.

For most people three visits are enough. But some people need more and we don't currently impose a limit on the number of times they can visit us.

We do however rely on you to ask the questions again if someone requests more vouchers, to make sure they do still need our support.

If you have not done a referral for some time, the link is <https://data.foodbank.org.uk/> (do bookmark it) and it's easy to re-set your password.

If you ever have any issues with doing vouchers or if you are unsure whether someone should have further vouchers and want to discuss it, give us a call on 07562 247443.

We receive referrals from a wide range of organisations including Citizens Advice, local council and health services, social prescribers, schools and charities dealing with homelessness, care leavers, addiction, mental health and more.

If you know of organisations that may wish to refer to us to help reach more people in need, please do send them our way or make introductions.

Abingdon Clothes Bank

Most Fridays, Abingdon Clothes Bank runs in the hall of Christ Church from 11am-12.45pm. We share the session space so that, along with having a cup of tea and some biscuits, foodbank clients can browse the adult clothing while waiting to register.

Referrals are not required for Clothes Bank, and visitors can take up to 6 items each, all free. Abingdon Clothes Bank offer adult clothing and shoes. They do not offer children's clothing.

